## 2003 California Children's Healthy Eating and Exercise Practices Survey

## Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, fruit juice, and vegetables or salads do you think you should eat every day for good health?

Believed Needed, Percent of Children		Servings of Fruits and Vegetables			
Total         13         32         55           Gender         Males         12         26         62         *           Females         15         38         47           Ethnicity         White         15         36         49           African American         19         31         50           Latino         11         27         62           Asian/Other         13         36         51           Income         3         36         51           Income         3         36         51           \$20,000 - \$49,999         12         27         61           ≥\$50,000         14         34         52           Federal Poverty Level         4         34         52           Food Stamps         11         29         61         56           No         14         31         55           Food Stamps         4         39         56           No         14         31         55           Overweight Status         16         36         48         **           Physical Activity         260 minutes         16         28         56					dren'
Gender         Males       12       26       62       *         Females       15       38       47         Ethnicity       White       15       36       49         African American       19       31       50         Latino       11       27       62         Asian/Other       13       36       51         Income       ≤\$19,999       14       35       51         \$20,000 - \$49,999       12       27       61         ≥\$50,000       14       34       52         Federal Poverty Level       ≤ 185%       11       29       61         > 185%       14       33       52         Food Stamps       4       39       56         No       14       31       55         Overweight Status       16       36       48       **         Physical Activity       ≥60 minutes       16       28       56         < 60 minutes       16       28       56         School Breakfast       7es       13       17       70       *         No       13       35       47       ** <tr< th=""><th>Takal</th><th>+</th><th></th><th></th><th></th></tr<>	Takal	+			
Males     12     26     62     *       Females     15     38     47       Ethnicity     15     36     49       African American     19     31     50       Latino     11     27     62       Asian/Other     13     36     51       Income     ≤\$19,999     14     35     51       \$20,000 - \$49,999     12     27     61       ≥\$50,000     14     34     52       Federal Poverty Level       ≤ 185%     11     29     61       > 185%     14     33     52       Food Stamps       Yes     4     39     56       No     14     31     55       Overweight Status       Not at Risk     16     36     48     **       At Risk/Overweight     8     24     67     **       Physical Activity       ≥60 minutes     16     28     56       <60 minutes     11     36     53       School Lunch       Yes     9     29     61     **       No     18     35     47       Nutrition Lesson     12		13	32	55	
Females       Ethnicity       White     15     36     49       African American     19     31     50       Latino     11     27     62       Asian/Other     13     36     51       Income     ≤\$19,999     14     35     51       \$20,000 - \$49,999     12     27     61       ≥\$50,000     14     34     52       Federal Poverty Level       ≤ 185%     11     29     61       > 185%     14     33     52       Food Stamps       Yes     4     39     56       No     14     31     55       Overweight Status       Not at Risk     16     36     48     **       At Risk/Overweight     8     24     67     ***       Physical Activity       ≥60 minutes     16     28     56       <60 minutes					<b>-</b>
Ethnicity     White     15     36     49       African American     19     31     50       Latino     11     27     62       Asian/Other     13     36     51       Income     35     51       ≤\$19,999     14     35     51       \$20,000 - \$49,999     12     27     61       ≥\$50,000     14     34     52       Federal Poverty Level       ≤ 185%     11     29     61       > 185%     14     33     52       Food Stamps       Yes     4     39     56       No     14     31     55       Overweight Status       No at Risk     16     36     48     **       At Risk/Overweight     8     24     67     **       Physical Activity       ≥60 minutes     16     28     56       <60 minutes					Î
White       15       36       49         African American       19       31       50         Latino       11       27       62         Asian/Other       13       36       51         Income       ≤ 19,999       14       35       51         \$20,000 - \$49,999       12       27       61         ≥\$50,000       14       34       52         Federal Poverty Level         ≤ 185%       11       29       61         > 185%       14       33       52         Food Stamps         Yes       4       39       56         No       14       31       55         Overweight Status         Not at Risk       16       36       48       ***         Physical Activity       ≥60 minutes       16       28       56         < 60 minutes		15	38	4 /	
African American Latino Latino Asian/Other  Income  ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000 Federal Poverty Level ≤ 185% > 185%	<u>-</u>				
Latino     11     27     62       Asian/Other     13     36     51       Income     ≤\$19,999     14     35     51       \$20,000 - \$49,999     12     27     61       ≥\$50,000     14     34     52       Federal Poverty Level       ≤ 185%     11     29     61       > 185%     14     33     52       Food Stamps       Yes     4     39     56       No     14     31     55       Overweight Status       No at Risk     16     36     48     **       At Risk/Overweight     8     24     67     **       Physical Activity       ≥60 minutes     16     28     56       <60 minutes		-			
Asian/Other Income  ≤\$19,999 \$20,000 - \$49,999 ≥\$50,000  Federal Poverty Level ≤ 185% > 185% > 185%					
Income					
≤\$19,999		13	36	51	
\$20,000 - \$49,999					
≥\$50,000     14     34     52       Federal Poverty Level       ≤ 185%     11     29     61       > 185%     14     33     52       Food Stamps       Yes     4     39     56       No     14     31     55       Overweight Status       No at Risk     16     36     48     **       Physical Activity     8     24     67     **       Physical Activity     16     28     56       < 60 minutes			35	51	
Federal Poverty Level         ≤ 185%       11       29       61         > 185%       14       33       52         Food Stamps         Yes       4       39       56         No       14       31       55         Overweight Status         Not at Risk       16       36       48       **         Physical Activity       ≥60 minutes       16       28       56       56         < 60 minutes	\$20,000 - \$49,999	12	27	61	
≤ 185%       11       29       61         > 185%       14       33       52         Food Stamps         Yes       4       39       56         No       14       31       55         Overweight Status         Not at Risk       16       36       48       **         At Risk/Overweight       8       24       67       **         Physical Activity       ≥60 minutes       16       28       56         < 60 minutes	<u>&gt;</u> \$50,000	14	34	52	
> 185%       14       33       52         Food Stamps         Yes       4       39       56         No       14       31       55         Overweight Status         Not at Risk       16       36       48       **         Physical Activity       ≥60 minutes       16       28       56       6       6       6       53       53         School Breakfast       11       36       53       53       53         School Lunch       7es       13       17       70       *       *         Yes       9       29       61       **         No       18       35       47       **         Nutrition Lesson       12       33       54       *         No       15       29       56       ***         Exercise Lesson       12       26       62       ****	Federal Poverty Level				
Food Stamps         Yes       4       39       56         No       14       31       55         Overweight Status         No at Risk       16       36       48       **         At Risk/Overweight       8       24       67       **         Physical Activity       260 minutes       16       28       56       56       53         School Breakfast       11       36       53       53         School Breakfast       13       17       70       *       *         No       14       34       52       *       *         School Lunch       9       29       61       **         No       18       35       47       *         Nutrition Lesson       12       33       54         No       15       29       56         Exercise Lesson       12       26       62       ****	<u>&lt;</u> 185%	11	29	61	
Yes       4       39       56         No       14       31       55         Overweight Status         Not at Risk       16       36       48       **         At Risk/Overweight       8       24       67       **         Physical Activity       26       56       56       56       56       56       56       56       56       56       56       53       56       53       56       53       56       53       53       56       53       53       53       53       56       53       53       54       50       14       34       52       56       53       54       50       14       34       52       56       53       54       50       50       50       50       50       50       53       54       50 <td>&gt; 185%</td> <td>14</td> <td>33</td> <td>52</td> <td></td>	> 185%	14	33	52	
No       14       31       55         Overweight Status       16       36       48       **         No at Risk At Risk/Overweight Physical Activity ≥60 minutes        8       24       67       **         Physical Activity ≥60 minutes        16       28       56       53         School Breakfast Yes No       11       36       53       53         School Lunch Yes No       9       29       61       **         Nutrition Lesson Yes No       12       33       54       **         No 15       29       56       ***         Exercise Lesson Yes       12       26       62       ****	Food Stamps				
Overweight Status         Not at Risk       16       36       48       **         At Risk/Overweight       8       24       67       **         Physical Activity       ≥ 60 minutes       16       28       56       53         School Breakfast       11       36       53       53         School Breakfast       13       17       70       *         No       14       34       52       *         School Lunch       9       29       61       **         No       18       35       47       **         Nutrition Lesson       12       33       54       *         No       15       29       56       ***         Exercise Lesson       12       26       62       ****	Yes	4	39	56	
Not at Risk       16       36       48       **         At Risk/Overweight       8       24       67       **         Physical Activity       ≥60 minutes       16       28       56       53         School Breakfast       11       36       53       53         School Breakfast       13       17       70       *         No       14       34       52       *         School Lunch       9       29       61       **         No       18       35       47       **         Nutrition Lesson       12       33       54       *         No       15       29       56       ***         Exercise Lesson       12       26       62       ****	No	14	31	55	
Not at Risk       16       36       48       **         At Risk/Overweight       8       24       67       **         Physical Activity       ≥60 minutes       16       28       56       53         School Breakfast       11       36       53       53         School Breakfast       13       17       70       *         No       14       34       52       *         School Lunch       9       29       61       **         No       18       35       47       **         Nutrition Lesson       12       33       54       *         No       15       29       56       ***         Exercise Lesson       12       26       62       ****	Overweight Status				
Physical Activity       ≥60 minutes       16       28       56         <60 minutes	_	16	36	48	**
Physical Activity       ≥60 minutes       16       28       56         <60 minutes	At Risk/Overweight	8	24	67	
≥60 minutes <60 minutes <60 minutes <60 minutes 11 36 53 School Breakfast Yes No School Lunch Yes No 9 29 61 No 18 35 47 Nutrition Lesson Yes No 12 33 54 No Exercise Lesson Yes 12 26 62 ***		\			
36     53       School Breakfast     11     36     53       Yes     13     17     70     *       No     14     34     52       School Lunch     9     29     61     **       No     18     35     47       Nutrition Lesson     12     33     54       No     15     29     56       Exercise Lesson       Yes     12     26     62     ****		16	28	56	
Yes     13     17     70     *       No     14     34     52       School Lunch       Yes     9     29     61     **       No     18     35     47       Nutrition Lesson     12     33     54       No     15     29     56       Exercise Lesson       Yes     12     26     62     ****	_	11	36	53	
13	School Breakfast				
14   34   52	Yes	13	17	70	*
School Lunch         9         29         61         **           No         18         35         47           Nutrition Lesson         12         33         54           No         15         29         56           Exercise Lesson         12         26         62         ****	No				
Yes     9     29     61     **       No     18     35     47       Nutrition Lesson     12     33     54       No     15     29     56       Exercise Lesson     12     26     62     ***	School Lunch				
No     18     35     47       Nutrition Lesson     12     33     54       Yes     15     29     56       Exercise Lesson     7es     12     26     62     ****		9	29	61	**
Nutrition Lesson         12         33         54           No         15         29         56           Exercise Lesson         12         26         62         ***					
Yes     12     33     54       No     15     29     56       Exercise Lesson     12     26     62     ***	· · ·		- 55	- ''	
No 15 29 56 <b>Exercise Lesson</b> Yes 12 26 62 ***		12	33	54	
Exercise Lesson  Yes					
Yes 12 26 62 ***			21	30	
		12	26	62	***
10 44 39					
	INO	10	44	37	

<sup>&</sup>lt;sup>1</sup> Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

California Department of Health Services: September 2005

<sup>\*</sup> p<.05 \*\* p<.01

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